

Eat Your Colors Every Day!

EDUCATING STUDENTS ON FRUITS AND VEGETABLES

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Tips

Help Students Eat More Fruits and Vegetables

RECIPES - Daily

- ◆ Use recipes that contain fruits and vegetables.
- ◆ Go to:
www.ed.state.nh.us/education/doe/organization/program/support/bnps/cookbook.pdf
- ◆ Go to:
www.fns.usda.gov/fdd/recipes/schrecipes.htm
*Click on Recipes by Food Group
*Scroll to Fruits/Vegetables/Nuts/Grains
*Select recipes
- ◆ Go to:
<http://schoolmeals.nal.usda.gov/Recipes/index.html#recipes>
*Click on Recipes from Industry and Growers
*Select recipes

MENUS - Weekly

- ◆ Feature "Color of the Week" fruit and vegetables on the menu.
- ◆ Highlight featured fruit and vegetables items on the menu.

NUTRITION EDUCATION - Monthly

- ◆ Post information about the health benefits of eating a colorful variety of fruits and vegetables on menus and menu boards.
- ◆ Go to www.5aday.org
*Click on the color wheel graphic

Health Benefits of Eating Your Colors

The health benefits of eating a variety of fruits and vegetables are well documented. Still, less than 15% of children eat the recommended number of servings of fruit and less than 20% eat the recommended servings of vegetables. On average Americans eat 3.6 servings of fruits and vegetables daily.

Use the five color groupings of the 5 A Day The Color Way model, shown on the right, to promote the health benefits of eating fruits and vegetables of different colors.

Offer fruits and vegetables in a variety of colors to provide the wide range of vitamins, minerals, fiber, and phytochemicals the body needs to maintain good health.

The five color categories are **blue/purple**, **green**, **white**, **yellow/orange**, and **red**. Each color makes a

unique contribution to maintaining health and a lower risk of developing chronic diseases.

BLUE/PURPLE

Blue/Purple helps maintain lower risk of some cancers, promotes urinary tract health, maintains memory function, and supports healthy aging.

GREEN

Green helps maintain lower risk of some cancers, promotes vision health, and supports strong bones and teeth.

WHITE

White helps maintain a lower risk of some cancers, and healthy cholesterol levels, promotes heart health, and supports a healthy immune system.

YELLOW/ORANGE

Yellow/Orange helps maintain a lower risk of some cancers, health heart, and vision health, and supports a healthy immune system.

RED

Red helps maintain a lower risk of some cancers, heart health, urinary tract health, and memory function.

See the "Tips" column to help your students develop more healthful eating habits. Encourage them to select and eat fruits and vegetables of different colors that are offered as part of the meal.



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